

# ***Profiles***

## **2006 Montana School Health Profiles**

### ***The Status of Health Education in Montana Schools***

Montana Office of Public Instruction  
Health Enhancement Division  
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## **2006 Montana School Health Profiles**

The School Health Profiles (Profiles) assist states and local education and health agencies monitor and assess characteristics of and trends in school health education; physical education; asthma management activities; school health policies related to HIV/AIDS prevention, tobacco-use prevention, violence prevention, physical activity, and nutrition; food service; and family and community involvement in school health programs. Data from Profiles can be used to improve school health programs.

Two questionnaires are used to collect data – one for school principals and one for lead health education teachers. The two questionnaires were mailed to 328 secondary public schools containing any of grades 6 - 12 in Montana during the spring of 2006. Usable questionnaires were received from 81 percent of principals and from 78 percent of teachers. Because the response rates for those surveys were  $\geq 70$  percent, the results are weighted and are representative of all regular public secondary schools in Montana having at least one of grades 6 through 12.

The Profiles questionnaires were developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC). The Profiles has been a collaborative effort between the Montana Office of Public Instruction (OPI) and the CDC since 1994. For more information on the Profiles contact Susan Court, OPI HIV/AIDS Education Specialist, at (406) 444-3178 or [scourt@mt.gov](mailto:scourt@mt.gov) or visit the Profiles Web site at [www.opi.mt.gov/SHP](http://www.opi.mt.gov/SHP).

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## 2006 Montana School Health Profiles Principal Results

	Percent
<b>REQUIRED HEALTH EDUCATION</b>	
Percent of schools that require health education for students in any of grades 6 – 12	99
<b>REQUIRED HEALTH EDUCATION</b>	
Percent of schools that require health education be taught in each of the following ways to students:	
In a combined health education and physical education course	94
In a course mainly about another subject other than health education such as science, social studies, or English	25
<b>HEALTH COURSES REQUIRED</b>	
Percent of schools that require students to take the following number of required health education courses:	
0 courses	4
1 course	16
2 courses	31
3 courses	16
4 or more courses	33
Percent of schools that require students to take two or more health education courses	81
<b>REQUIRED HEALTH EDUCATION – GRADE LEVEL</b>	
Percent of schools that taught a required health education course in the following grades:	
Sixth grade	78
Seventh grade	93
Eighth grade	95
Ninth grade	94
Tenth grade	90
Eleventh grade	9
Twelfth grade	8

## 2006 Montana School Health Profiles Principal Results

	Percent
<b>HEALTH EDUCATION COURSE FAILURE</b>	
Percent of schools that require students who fail a required health education course to repeat it	63
<b>HEALTH EDUCATION COORDINATOR</b>	
Percent of schools in which health education is coordinated by the following persons:	
No one coordinates health education in this school	1
District administrator	7
District health education or curriculum coordinator	12
School administrator	16
Health education teacher	62
School nurse	0
Someone else	2
Percent of schools that have a district administrator or district health education or curriculum coordinator coordinate health education	19
<b>HEALTH EDUCATOR CERTIFICATION</b>	
Percent of schools that require newly hired staff who teach health topics to be certified, licensed, or endorsed by the state in health education	82
<b>SCHOOL HEALTH COMMITTEE</b>	
Percent of schools that have one or more groups (e.g., a school health council, committee, or team) that offers guidance on the development of policies or coordinates activities on health topics	61

## 2006 Montana School Health Profiles Principal Results

	Percent
<b>REQUIRED PHYSICAL EDUCATION</b>	
Percent of schools that require physical education for students in any of grades 6 – 12	99
<b>PHYSICAL EDUCATION COURSES REQUIRED</b>	
Percent of schools that require students to take the following number of required physical education courses:	
0 courses	0
1 course	10
2-3 courses	51
4-5 courses	36
6-7 courses	2
8 or more courses	1
Percent of schools that require students to take two or more physical education courses	90
<b>REQUIRED PHYSICAL EDUCATION – GRADE LEVEL</b>	
Percent of schools that taught a required physical education course in each of the following grades:	
Sixth grade	96
Seventh grade	96
Eighth grade	98
Ninth grade	100
Tenth grade	96
Eleventh grade	13
Twelfth grade	12

## 2006 Montana School Health Profiles Principal Results

	Percent
<b>PHYSICAL EDUCATION COURSE EXEMPTIONS</b>	
Percent of schools in which students can be exempted from taking a required physical education course for one grading period or longer for any of the following reasons:	
Enrollment in other courses	11
Participation in school sports	1
Participation in other school activities	3
Participation in community sports	1
Religious reason	29
Long-term physical or medical disability	85
Cognitive disability	24
High physical fitness competency test score	1
Participation in vocational training	1
Participation in community service activities	1
Percent of schools in which students cannot be exempted from taking a required physical education course for one grading period or longer for an unacceptable reason	89
<b>PHYSICAL EDUCATION COURSE FAILURE</b>	
Percent of schools that require students who fail a required physical education course to repeat it	64
<b>PHYSICAL EDUCATOR CERTIFICATION</b>	
Percent of schools that require newly hired staff who teach physical education to be certified, licensed, or endorsed by the state in physical education	94

## 2006 Montana School Health Profiles Principal Results

	Percent
<b>INTRAMURAL OR OUT-OF-SCHOOL ACTIVITIES</b>	
Percent of schools that offer students opportunities to participate in intramural activities or physical activity clubs	60
Percent of schools that provide transportation home for students who participate in after-school intramural activities or physical activity clubs	16
Percent of schools that, outside of school hours or when school is not in session, children or adolescents use the school's activity or athletic facilities for community-sponsored sports teams, classes or lessons	94
Percent of schools that support or promote walking or biking to and from school (e.g., through promotional activities, designating safe routes or preferred routes, or having storage facilities for bicycles and helmets)	59

## 2006 Montana School Health Profiles Principal Results

	Percent
<b>TOBACCO PREVENTION POLICIES</b>	
Percent of schools that have adopted a policy prohibiting tobacco use	100
<b>DURING SCHOOL-RELATED ACTIVITY</b>	
Percent of schools that have tobacco prevention policy specifically prohibiting the <b>student</b> use of each type of tobacco:	
Cigarettes	99
Smokeless tobacco	99
Cigars	98
Pipes	98
Percent of schools that have tobacco prevention policy specifically prohibiting the <b>faculty/staff</b> use of each type of tobacco:	
Cigarettes	98
Smokeless tobacco	98
Cigars	97
Pipes	97
Percent of schools that have tobacco prevention policy specifically prohibiting the <b>visitor</b> use of each type of tobacco:	
Cigarettes	98
Smokeless tobacco	97
Cigars	97
Pipes	97



## 2006 Montana School Health Profiles Principal Results

	Percent
<b>TOBACCO PREVENTION POLICIES – TIME</b>	
Percent of schools that have policy specifically prohibiting the use of tobacco during <b>school hours</b> for:	
Students	100
Faculty/staff	98
Visitors	98
Percent of schools that have policy specifically prohibiting the use of tobacco during <b>non-school hours</b> for:	
Students	94
Faculty/staff	88
Visitors	88

## 2006 Montana School Health Profiles Principal Results

	Percent
<b>TOBACCO PREVENTION POLICIES – LOCATION</b>	
Percent of schools that have policy specifically prohibiting the use of tobacco <b>in school buildings</b> for:	
Students	100
Faculty/staff	100
Visitors	100
Percent of schools that have policy specifically prohibiting the use of tobacco <b>on school grounds</b> , including parking lots and playing fields, for:	
Students	100
Faculty/staff	99
Visitors	99
Percent of schools that have policy specifically prohibiting the use of tobacco <b>in school buses or other vehicles used to transport students</b> for:	
Students	100
Faculty/staff	100
Visitors	100
Percent of schools that have policy specifically prohibiting the use of tobacco at <b>off-campus, school-sponsored events</b> for:	
Students	96
Faculty/staff	79
Visitors	59
Percent of schools that have an "ideal" tobacco-use prevention policy, which means that the school has a tobacco-use prevention policy that specifically prohibits cigarettes, smokeless tobacco, cigars, and pipes by students, faculty/staff, and visitors; during school hours and during non-school hours; in school buildings, outside on school grounds, on school buses or other vehicles used to transport students, and at off-campus, school-sponsored events	54

## 2006 Montana School Health Profiles Principal Results

	Percent
<b>TOBACCO PREVENTION POLICY – AWARENESS</b>	
Percent of schools that have procedures to inform the following groups about the tobacco-use prevention policy:	
Students	99
Faculty/staff	98
Visitors	96
 Percent of schools that have procedures to inform students' families about rules related to tobacco use by students	 100
 The percent of schools that when a <b>student is caught smoking</b> , ALWAYS or ALMOST ALWAYS . . .	
Inform the parents or guardians	99
Refer to a school counselor	41
Refer to a school administrator	99
Encourage, but not require participation in an assistance, education, or cessation program	34
Require participation in an assistance, education, or cessation program	22
Refer to legal authorities	54
Place in detention	48
Do not allow participation in extra-curricular activities or interscholastic sports	79
Give in-school suspension	29
Suspend from school	36
Expel from school	1
Reassign to an alternative school	0

## 2006 Montana School Health Profiles Principal Results

	Percent
<b>TOBACCO-USE PREVENTION POLICY</b>	
Percent of schools that refer faculty and staff to tobacco cessation programs	13
Percent of schools that refer students to tobacco cessation programs	44
Percent of schools that <b>prohibit tobacco advertising</b> in the following locations:	
In the school building	98
On school grounds including on the outside of the building, on playing fields, or other areas of the campus	98
On school buses or other vehicles used to transport students	98
In school publications	98
Through sponsorship of school events	96
Through students wearing tobacco brand-name apparel or carrying merchandise with tobacco company names, logos, or cartoon characters on it	96
Percent of schools that prohibit tobacco advertising in all locations and through sponsorship of school events, and on student apparel or merchandise	92
Percent of schools that <b>post signs marking a tobacco-free school zone</b> , that is, a specified distance from school grounds where tobacco use is not allowed	93

## 2006 Montana School Health Profiles Principal Results

	Percent
<b>NUTRITION-RELATED POLICIES AND PRACTICES</b>	
Percent of schools that provide students with less than 20 minutes to eat lunch once they are seated	15
Percent of schools that provide students with 20 minutes or more to eat lunch once they are seated	85
Percent of schools that have a school or district policy stating that, if food is served at student parties, after-school or extended day programs, or concession stands, fruits and vegetables will be among the foods offered	18
Percent of schools where students can purchase snack foods or beverages from vending machines or at the school store, canteen, or snack bar	87
<b>NUTRITION – TYPES OF SNACKS</b>	
Percent of schools where students can purchase the following snack or beverage from vending machines or at the school store, canteen, or snack bar:	
Chocolate candy	60
Other kinds of candy	63
Salty snacks that are not low in fat, such as regular potato chips	57
Salty snacks that are low in fat, such as pretzels, baked chips, or other low-fat chips	60
Fruits or vegetables, not juice	29
Low-fat cookies, crackers, cakes, pastries, or other low-fat baked goods	48
Soda pop or fruit drinks that are not 100% juice	82
Sports drinks	98
100% fruit juice or vegetable juice	80
Bottled water	95
1% or skim milk	25
2% or whole milk (plain or flavored)	27

## 2006 Montana School Health Profiles Principal Results

	Percent
<b>NUTRITION RELATED POLICIES AND PRACTICES</b>	
Percent of schools where students can purchase candy, snacks that are not low in fat; soda pop, sports drinks, or fruit drinks that are not 100% fruit juice, or 2% or whole milk during the following times:	
Before classes begin in the morning	66
During any school hours when meals are not being served	48
During school lunch periods	67
<b>SCHOOL HEALTH INDEX</b>	
Percent of schools that have used the School Health Index from the Centers for Disease Control and Prevention to assess health and safety policies and programs	21

## 2006 Montana School Health Profiles Principal Results

	Percent
<b>VIOLENCE PREVENTION</b>	
Percent of schools where each of the following <b>safety and security measures</b> is implemented:	
Require visitors to report to the main office or reception area upon arrival	99
Maintain a "closed campus" where students are not allowed to leave school during the school day, including during lunchtime	44
Use staff or adult volunteers to monitor school halls during and between classes	92
Routinely conduct locker searches	55
Require students to wear school uniforms	0
Require students to wear identification badges	2
Use metal detectors, including wands	2
Use security or surveillance cameras, either inside or outside of the building	36
Use police, school resource officers, or security guards during the regular school day	35
<b>VIOLENCE – PREVENTION PROGRAMS</b>	
Percent of schools that has or participates in each of the following <b>programs</b> :	
A peer mediation program	27
A safe-passage to school program	5
A program to prevent gang violence	19
A program to prevent bullying	65
Percent of schools that have a <b>comprehensive plan</b> to address crisis preparedness, response, and recovery in the event of a natural disaster or other emergency or crisis situation	94

## 2006 Montana School Health Profiles Principal Results

	Percent
<b>HEALTH CARE SERVICES</b>	
Percent of schools that have a school nurse who provides standard health services to students	59
<b>MEDICATIONS MANAGEMENT</b>	
Percent of schools in which students are permitted to carry and self-administer each of the following medications:	
A prescription quick-relief inhaler	88
An epinephrine auto-injector (e.g., EpiPen®)	45
Insulin or other injected medications	47
Any other prescribed medications	22
Any over-the-counter medications	34
Percent of schools in which students are permitted to carry and self-administer a prescription quick-relief inhaler, an epinephrine auto-injector, and insulin or other injected medications	34
<b>HEALTH SERVICES TO STUDENTS</b>	
Percent of schools that provide each of the following health services to students:	
Identification or school-based management of chronic health conditions, such as asthma or diabetes	62
Identification or school-based management of acute illnesses	52
An Asthma Action Plan (or Individualized Health Plan) for all students with asthma	57
Immunizations	62
Assistance with enrolling in Medicaid or SCHIP (State Children's Health Insurance Program)	55



## 2006 Montana School Health Profiles Principal Results

	Percent
<b>HIV INFECTION POLICIES</b>	
Percent of schools that have <b>adopted a policy</b> on students and/or staff who have HIV infection or AIDS	48
Percent of schools whose HIV infection <b>policy addresses each of the following issues</b> for students and/or staff with HIV infection or AIDS:	
Attendance of students with HIV infection	94
Procedures to protect HIV-infected students and staff from discrimination	98
Maintaining confidentiality of HIV-infected students and staff	99
Work site safety	95
Confidential counseling for HIV-infected students	86
Communication of the policy to students, school staff, and parents	93
Adequate training about HIV infection for school staff	80
Procedures for implementing the policy	94

## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>REQUIRED HEALTH EDUCATION – MATERIALS</b>	
Percent of schools that require teachers to use each of the following materials in a required health education course:	
National Health Education Standards	60
The Health Education Curriculum Analysis Tool (HECAT) from the Centers for Disease Control and Prevention	5
Any state-, district-, or school-developed curriculum	90
A commercially developed curriculum	28
A commercially developed student textbook	45
A commercially developed teacher's guide	40
Health education performance assessment materials	44
Any materials from health organizations such as the American Heart Association or the American Cancer Society	40

## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>REQUIRED HEALTH EDUCATION – TOPICS</b>	
Percent of schools in which teachers tried to increase student knowledge on each of the following topics in a required health education course:	
Alcohol or other drug use prevention	100
Asthma awareness	53
Consumer health	86
CPR (cardiopulmonary resuscitation)	69
Dental and oral health	71
Emotional and mental health	94
Environmental health	74
First Aid	80
Foodborne illness prevention	72
Growth and development	93
HIV (human immunodeficiency virus) prevention	96
Human sexuality	83
Immunizations	64
Injury prevention and safety	90
Nutrition and dietary behavior	99
Physical activity and fitness	99
Pregnancy prevention	91
STD (sexually transmitted disease) prevention	87
Suicide prevention	75
Sun safety or skin cancer prevention	72
Tobacco use prevention	99
Violence prevention (such as bullying, fighting, or homicide)	92

## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>REQUIRED HEALTH EDUCATION – SKILLS</b>	
Percent of schools in which teachers tried to improve each of the following student skills in a required health education course:	
Accessing valid information or services related to personal health and wellness	85
Influence of media on personal health and wellness	90
Communication skills, such as how to ask for assistance with a health-related problem	85
Decision-making skills, such as deciding to get appropriate health screenings and exams	83
Goal-setting skills, such as setting a goal for improving personal health habits	96
Conflict resolution skills, such as techniques to resolve interpersonal conflicts without fighting	91
Resisting peer pressure to engage in unhealthy behavior related to personal health and wellness	99
<b>REQUIRED HEALTH EDUCATION – TEACHING METHODS</b>	
Percent of schools in which teachers used each of the following teaching methods in a required health education course:	
Audio-visual media, such as videos	91
Group discussions	99
Cooperative group activities	92
Role-play, simulations, or practice	57
Language, performing, or visual arts	38
Pledges or contracts for changing behavior or abstaining from a behavior	26
Peer educators	57
The Internet	71
Computer-assisted instruction	53
Guest speakers	70
Health education programs available through videoconferencing or other distance learning methods	9

## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>REQUIRED HEALTH EDUCATION – CULTURAL VALUES</b>	
Percent of schools whose teachers used each of the following methods to highlight diversity or the values of various cultures in a required health education course:	
Use textbooks or curricular materials reflective of various cultures	56
Use textbooks or curricular materials designed for students with limited English proficiency	12
Ask students to share their own cultural experiences related to health topics	60
Teach about cultural differences and similarities	78
Modify teaching methods to match students' learning styles, health beliefs, or cultural values	83
<b>REQUIRED HEALTH EDUCATION – COMMUNITY INTEREST</b>	
Percent of schools in which teachers asked students to participate in each of the following activities as part of a required health education course:	
Perform volunteer work at a hospital, a local health department, or any other local organization that addresses health issues	11
Participate in or attend a community health fair	30
Gather information about health services that are available in the community	41
Visit a store to compare prices of health products	22
Identify potential injury sites at school, home, or in the community	55
Identify advertising in the community designed to influence health behaviors	64
Advocate for a health-related issue	47
Complete homework or projects that involve family members	74

## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>TOBACCO USE PREVENTION TOPICS</b>	
Percent of schools in which teachers taught about the following tobacco-use prevention topics in a required health education course:	
Short- and long-term health consequences of cigarette smoking (such as stained teeth, bad breath, heart disease, and cancer)	98
Benefits of not smoking cigarettes (including long- and short-term health benefits, social benefits, environmental benefits, and financial benefits)	98
Short- and long-term health consequences of cigar smoking	82
Short- and long-term health consequences of using smokeless tobacco	98
Benefits of not using smokeless tobacco	96
Addictive effects of nicotine in tobacco products	98
How many young people use tobacco	93
Influence of families on tobacco use	95
Influence of the media on tobacco use	95
Social or cultural influences on tobacco use	95
How to find valid information or services related to tobacco-use prevention or cessation	81
Making a personal commitment not to use tobacco	79
How students can influence or support others to prevent tobacco use	91
How students can influence or support others in efforts to quit using tobacco	90
Resisting peer pressure to use tobacco	97
The health effects of environmental tobacco smoke (ETS) or second-hand smoke	97
All 16 tobacco-use prevention topics listed above	63

## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>HIV PREVENTION TOPICS</b>	
Percent of schools in which teachers taught each of the following pregnancy, HIV, or STD prevention topics in a required health education course:	
Abstinence as the most effective method to avoid pregnancy, HIV, and STDs	89
How to correctly use a condom	30
Condom efficacy, that is, how well condoms work and do not work	62
Risks associated with having multiple sexual partners	82
Social or cultural influences on sexual behavior	71
How to prevent HIV infection	88
How HIV is transmitted	88
How HIV affects the human body	87
Influence of alcohol and other drugs on HIV-related risk behaviors	92
How to find valid information or services related to HIV or HIV testing	79
Compassion for persons living with HIV or AIDS	74
All 11 pregnancy, HIV, and STD prevention topics listed above	34

## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>NUTRITION AND DIETARY TOPICS</b>	
Percent of schools in which teachers taught each of the following nutrition and dietary topics in a required health education course:	
The benefits of healthy eating	97
Food guidance using MyPyramid	90
Using food labels	88
Balancing food intake and physical activity	98
Eating more fruits, vegetables, and grain products	95
Choosing foods that are low in fat, saturated fat, and cholesterol	95
Using sugars in moderation	95
Using salt and sodium in moderation	91
Eating more calcium-rich foods	91
Food safety	82
Preparing healthy meals and snacks	87
Risks of unhealthy weight control practices	96
Accepting body size differences	93
Eating disorders	96
All 14 nutrition and dietary behavior topics listed above	70



## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>PHYSICAL ACTIVITY TOPICS</b>	
Percent of schools in which teachers taught each of the following physical activity topics in a required health education course:	
The physical, psychological, or social benefits of physical activity	98
Health-related fitness (i.e., cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition)	97
The difference between physical activity, exercise, and fitness	92
Phases of a workout (i.e., warm-up, workout, and cool down)	97
How much physical activity is enough (i.e., determining frequency, intensity, time and type of physical activity)	92
Developing an individualized physical activity plan	73
Monitoring progress toward reaching goals in an individualized physical activity plan	71
Overcoming barriers to physical activity	85
Decreasing sedentary activities such as television watching	95
Opportunities for physical activity in the community	83
Preventing injury during physical activity	96
Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)	88
Dangers of using performance-enhancing drugs, such as steroids	93
All 13 physical activity topics listed above	58

## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>HIV PREVENTION – AREA TAUGHT</b>	
Percent of schools that taught HIV prevention units or lessons in the following courses:	
Science	32
Home economics or family and consumer education	32
Physical education	72
Family life education or life skills	34
Special education	20
Social studies	8
<b>HEALTH EDUCATION STAFF COLLABORATION</b>	
Percent of schools in which health education staff have worked with the following groups on health education activities:	
Physical education staff	85
School health services staff (e.g., nurses)	57
School mental health or social services staff (e.g., psychologists, counselors, and social workers)	65
Nutrition or food service staff	39
<b>HEALTH PROGRAMS AND FAMILIES</b>	
Percent of schools that have done each of the following activities:	
Provided families with information on school health education	63
Met with a parents' organization such as the PTA to discuss school health education	13
Invited family members to attend health education classes	33

## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>HEALTH EDUCATION – RECEIVED</b>	
During the past two years, the percent of teachers who received staff development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following health education topics:	
Alcohol or other drug use prevention	70
Asthma awareness	14
Consumer health	24
CPR (cardiopulmonary resuscitation)	71
Dental and oral health	10
Emotional and mental health	39
Environmental health	13
First Aid	72
Foodborne illness prevention	21
Growth and development	24
HIV (human immunodeficiency virus) prevention	45
Human sexuality	27
Immunizations	13
Injury prevention and safety	48
Nutrition and dietary behavior	35
Physical activity and fitness	52
Pregnancy prevention	23
STD (sexually transmitted disease) prevention	33
Suicide prevention	31
Sun safety or skin cancer prevention	10
Tobacco-use prevention	39
Violence prevention (such as bullying, fighting, or homicide)	59

## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>HEALTH EDUCATION – SEEKING</b>	
Percent of teachers wanting to receive staff development on each of the following health education topics:	
Alcohol or other drug use prevention	72
Asthma awareness	61
Consumer health	45
CPR (cardiopulmonary resuscitation)	61
Dental and oral health	43
Emotional and mental health	71
Environmental health	47
First Aid	63
Foodborne illness prevention	50
Growth and development	57
HIV (human immunodeficiency virus) prevention	62
Human sexuality	56
Immunizations	50
Injury prevention and safety	62
Nutrition and dietary behavior	74
Physical activity and fitness	71
Pregnancy prevention	57
STD (sexually transmitted disease) prevention	62
Suicide prevention	72
Sun safety or skin cancer prevention	50
Tobacco-use prevention	60
Violence prevention (such as bullying, fighting, or homicide)	72

## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>STAFF DEVELOPMENT – RECEIVED</b>	
During the past two years, the percent of teachers who received staff development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following teaching methods:	
Teaching students with physical, medical, or cognitive disabilities	44
Teaching students of various cultural backgrounds	33
Teaching students with limited English proficiency	9
Using interactive teaching methods such as role-plays or cooperative group activities	45
Encouraging family or community involvement	36
Teaching skills for behavior change (e.g., communication, decision making, etc.)	53
Classroom management techniques, such as social skills training, environmental modification, conflict resolution and mediation, and behavior management	57
Assessing or evaluating students in health education	35
<b>STAFF DEVELOPMENT – SEEKING</b>	
The percent of teachers wanting to receive staff development on each of the following teaching methods:	
Teaching students with physical, medical, or cognitive disabilities	61
Teaching students of various cultural backgrounds	44
Teaching students with limited English proficiency	35
Using interactive teaching methods such as role-plays or cooperative group activities	61
Encouraging family or community involvement	62
Teaching skills for behavior change	79
Classroom management techniques, such as social skills training, environmental modification, conflict resolution and mediation, and behavior management	74
Assessing or evaluating students in health education	71

## 2006 Montana School Health Profiles Teacher Results

	Percent
<b>PROFESSIONAL PREPARATION</b>	
Percent of schools in which the major emphasis of the lead health education teacher's professional preparation was on the following:	
Health and physical education combined	64
Health education	1
Physical education	11
Other education degree	19
Kinesiology, exercise science, or exercise physiology	2
Home economics or family and consumer science	1
Biology or other science	1
Nursing	0
Counseling	1
Public health	0
Nutrition	0
Other	1
 <b>HEALTH EDUCATION ENDORSEMENT</b>	
Percent of schools in which the lead health education teacher is certified, licensed, or endorsed by the state to teach health education in middle/junior high school or senior high school	91
 <b>HEALTH EDUCATION TENURE</b>	
Percent of schools in which the lead health education teacher had the following number of years' experience in teaching health education classes or topics:	
1 year	6
2 to 5 years	20
6 to 9 years	18
10 to 14 years	18
15 years or more	38

**2006 Montana School Health Profiles**  
**Summary of Principal and Lead Health Education Teacher Survey Results**

	<b>Percent</b>
<b>HEALTH EDUCATION</b>	
Among schools that require health education, percent that require two or more health education courses	81
Percent of schools that have a health education coordinator	19
Percent of schools in which the lead health education teacher had professional preparation in health education or in health and physical education combined	65
<b>PHYSICAL EDUCATION AND PHYSICAL ACTIVITY</b>	
Among schools that require physical education, percent that require two or more PE courses	90
Among schools that require a physical education course, percent of schools where students can not be exempted from taking a required physical education course for one grading period or longer*	89
Among schools that require a health education course, percent that taught 13 physical activity topics	58
Among schools that require a health education course, percent that taught about developing an individualized physical activity plan	73
Percent of schools in which the lead health education teacher received staff development during the past two years on physical activity and fitness	52
Percent of schools that offer opportunities for students to participate in intramural activities or physical activity clubs	60
Among schools that offer intramural activities or physical activity clubs, percent that provide transportation home for students who participate in after-school intramural activities or physical activity clubs	16

## 2006 Montana School Health Profiles

### Summary of Principal and Lead Health Education Teacher Survey Results

	Percent
<b>NUTRITION AND FOOD SERVICE</b>	
Among schools that serve lunch to students, percent that allow students 20 or more minutes to eat lunch once they are seated	85
Among schools in which students can buy snack foods or beverages from vending machines or at the school store, canteen, or snack bar, percent in which fruits or vegetables are available for purchase	29
Among schools in which students can buy snack foods or beverages from vending machines or at the school store, canteen, or snack bar, percent in which 100% fruit juice or vegetable juice is available for purchase	80
Among schools in which students can buy snack foods or beverages from vending machines or at the school store, canteen, or snack bar, percent in which bottled water is available for purchase	95
Among schools that require a health education course, percent that taught 14 nutrition and dietary behavior topics	70
Percent of schools in which the lead health education teacher received staff development during the past two years on nutrition and dietary behavior	35
<b>HEALTH SERVICES</b>	
Percent of schools that provide standard health services to students	59
Percent of schools that provide identification or school-based management of chronic health conditions, such as asthma or diabetes	62
Percent of schools that provide identification or school-based management of acute illness	52
Percent of schools that provide immunizations to students	62
Percent of schools that provide assistance with enrolling in Medicaid or SCHIP (State Children's Health Insurance Program)	55
Percent of schools that provide an Asthma Action Plan (or Individualized Health Plan) for all students with asthma	57
Percent of schools that permit students to carry and self-administer a prescription quick-relief inhaler, an epinephrine auto-injector, and insulin or other injected medications	34



**2006 Montana School Health Profiles**  
**Summary of Principal and Lead Health Education Teacher Survey Results**

	<b>Percent</b>
<b>HIV, STD, AND PREGNANCY PREVENTION</b>	
Among schools that require a health education course, percent that taught abstinence as the most effective method to avoid pregnancy, HIV, and STDs	89
Among schools that require a health education course, percent that taught how to correctly use a condom	30
Among schools that require a health education course, percent that taught 11 HIV topics	34
Percent of schools in which the lead health education teacher received staff development during the past two years on HIV prevention	45
Percent of schools with a policy on students and/or staff who have HIV infection or AIDS	48
<b>TOBACCO USE PREVENTION</b>	
Percent of schools that have a tobacco-free environment**	54
Percent of schools that post signs marking a tobacco-free school zone	93
Percent of schools that provide referrals to tobacco cessation programs for faculty and staff	13
Percent of schools that prohibit all tobacco advertising***	92
Among schools that require a health education course, percent that taught 16 tobacco-use prevention topics	63
Percent of schools in which the lead health education teacher received staff development during the past two years on tobacco-use prevention	39
Percent of schools in which the lead health education teacher received staff development during the past two years on tobacco-use prevention	39

## 2006 Montana School Health Profiles

### Summary of Principal and Lead Health Education Teacher Survey Results

	Percent
<b>UNINTENTIONAL INJURIES AND VIOLENCE</b>	
Percent of schools that maintain a closed campus where students are not allowed to leave school during the school day, including during lunchtime	44
Percent of schools that use staff or adult volunteers to monitor school halls during and between classes	92
Percent of schools that require students to wear school uniforms	0
Percent of schools that require students to wear identification badges	2
Among schools that require a health education course, percent that tried to increase student knowledge on injury prevention and safety	90
Among schools that require a health education course, percent that tried to increase student knowledge on violence prevention	92
<b>SCHOOL HEALTH COLLABORATION</b>	
Percent of schools that have a school health council, committee, or team that offers guidance on development of policies or coordinates activities on health topics	61
Percent of schools that ever used the School Health Index to assess health and safety policies and programs	21

\*Students cannot be exempted for enrollment in other courses (e.g., math or science); participation in school sports, other school activities (e.g., ROTC, band, or chorus), community sports activities, vocational training, or community service activities; or a high physical fitness competency test score.

\*\*A tobacco-free environment prohibits all tobacco use by students, school staff members, and visitors in school buildings, on school property, in school buses or other vehicles used to transport students, and at off-campus school-sponsored events.

\*\*\*Prohibits all tobacco advertising in school buildings; on school grounds including on the outside of the school building, on playing fields, or other areas of the campus; on school buses or other vehicles, in school publications, and through sponsorship of school events, and prohibits students from wearing tobacco brand-name apparel or carrying merchandise with tobacco company names, logos, or cartoon characters on it.